

UNIVERSITY DAILY WORD



Revealing the way to
HEALTH, HAPPINESS and PLENTY

AFFIRMATIONS

USED BY
SOCIETY OF SILENT UNITY

April 20 to May 19

*I will sing a song of wisdom unto the Lord
and rejoice in the light of divine
understanding.*



*I will sing unto the Lord a new song of
harmony and health.*



*I will sing a new song unto the Lord of un-
failing success and prosperity.*

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A little companion that daily directs your steps to
the sun-tipped heights in whose glory you shall be-
hold yourself as a son of God; for such you are.

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F. B. WHITNEY, Editor

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TWO SACRAMENTS

When sunrise gilds the sky deep in my heart,
The sacrament of hope is born anew;
And by its promise I may walk apart,
Nor lift unto my lips life's cup of rue.

At eventide the sacrament of peace
Steals o'er my path as red the sunset glows.
It calms my fears, my vain forebodings cease,
While to my soul its benediction flows.

—Madeleine W. Wyatt.

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UNRESTRICTED

CLAUDE WEIMER

Not some most holy day when all
Are summoned by the clarion call;
Not morning, evening, noon, or night,
Or certain time decreed as right
Need you select as hour to pray;
For God is God of all the day!

Nor choose some high place on a hill
Where everything is awed and still;
Nor sacred grove, nor hallowed stone,
Nor spot in wilderness alone;
Nor temple grand, nor church, nor
shrine:
With God all places are divine!

YOUR VICTORY IS GOD'S VICTORY

EVERY TIME that you solve one of your life's problems, every time you become victorious in your overcoming, every time you let the Spirit of God in the midst of you have full expression, it is a victory for both God and you. This should be proof to you that solving problems is easy for you, overcoming adversity is simple, because God seeks to emphasize Himself and His power in your life. You cannot escape victory unless you willfully set up such resistance to the work of God that you cannot succeed.

Your victory is God's victory! If at this moment a new interpretation of practical Christianity has been given, if Truth has become victorious over falsehood in your consciousness, this is a victory for Truth, God, and a victory for your own spiritual consciousness.

We see about us those who fail because the thought of failure in their mind has been outpictured and objectified as failure. Certainly they cannot justly blame God for their failure or believe that it came about through some wisdom or will on His part. They cannot charge their own shortcomings, their failure, to a God that ever tries to inspire man to be successful and victorious.

When man is led by God in some undertaking, he may know that at the same time God empowers him to succeed, to prove himself victor. With God's

approval of his undertaking goes God's power to make him triumph over all seeming difficulties and sense of defeat.

Somehow we cannot feel that a man who does not succeed in his overcoming is a man who has found God. At least we feel that he has not found God to be positively identified with him as his innate power and ability to succeed. He has not discovered that God is ever urging him to triumph and to overcome. Man's victory is God's victory.

Do you see that the matter of victory has two aspects? You are victorious when you let God work through you. God is victorious when He finds you an open channel for expressing Himself in and through you. Your victory is His victory. His is yours. You do not have any difficulty in succeeding, in overcoming adverse conditions, when you let God do the work. You fail to succeed when you fail to be an open channel for God. You succeed when you let God work through you.

The man of high principle who accomplishes great things in the world is God's masterpiece. God finds him willing and ready to be the avenue through which His will is expressed. We think of such a man as showing a great deal of God in His nature. Other men through selfishness and ignorance do not let God work in them for His and their success and ultimate victory.

Do not think that adverse thought can establish itself or succeed in your sphere of action. Give God the power. Credit Him with the might to establish Himself in your world as the victory of all things good. Think of Him as knowing no opposition, no limit.

In Truth the only victor is God. There must be no thought that any power but God can succeed through your purpose. There must be only the consciousness that God is now overcoming all limitation and giving you the power to succeed. You must know that God as omnipotence is the source of your every victory.

Go forth today with the purpose of accomplishing that which you have decided to undertake. Give the matter over into God's hands. Know that you cannot fail in your high purpose. God knows no defeat. You cannot be defeated when you realize that your work is God's work.

Let your challenge to victory be recognized as but the stirring of God within you. The answer to your prayer to overcome and succeed, regardless of its specific nature, comes through God's endowing you with the ability to do so. He urges you to go forward and upward, to overcome and to triumph, to make His presence and power uppermost in your thought and in your world. God in the midst of you is ever with you inspiring you to victory.

THE HEALING OMNIPRESENCE

GOD'S HEALING PRESENCE within us is recognized to the extent that we cease to believe that disease can have existence, being, presence within us. We must first detach our mind from all association with the thought of disease. We must meditate upon the healing omnipresence until we come to believe that nothing can be present in our life but God as our health.

The omnipresence of God is known in Truth as a spiritual presence in which nothing unlike God can exist. We can readily see that in Truth disease has no place in the presence of God. We can see that the omnipresence of God becomes to us the omnipresence of health when we look to Him for our health.

Many persons believe that life is made up of the presence of evil, sin, fear, hate, disease, and poverty. In their own mind these persons create a sort of pseudo-omnipresence of negative things in contrast to the omnipresence of good. To them evil is present in many guises. Among such persons we find those who believe in misfortune and ill luck as ever present in their life, ever appearing in some form or other to increase their adversities. Such persons cannot at first grasp the thought of the omnipresence of good to the exclusion of all that is evil. The first step in education for them must be to learn about

the formative power of thought so that they may begin to create good conditions in their life.

If you have been in the habit of thinking of yourself as the victim of misfortune, if you think of yourself as living in an environment of adversity, you should make a new departure mentally. Emerge into God's omnipresence of good. Move into His healing presence. In His presence, you will be healed of all belief in adversity. His presence frees you from all beliefs that interfere with health in mind and in body.

God's healing omnipresence causes you to realize that God is actually present in your life as the presence of good. His presence leaves no room for any belief in the presence of evil, disease, and lack. In God's presence you find the presence of that which you have been praying for, the presence of that which you need and seek.

Have you come to the realization that the only presence in Truth is the presence of God, the presence of your tangible good? Do you not see that every time you think of something adverse as having presence, reality, being, in your life you tend to exclude yourself from the omnipresence of God?

The omnipresence of God is but a possibility to the individual. This presence becomes real to him only to the extent that his consciousness permits. To

the individual who feels that he lives in the presence of evil, fear, hate, and disease there is no presence of God. Such an individual lacks the consciousness of God. He has not made the omnipresence of God a reality in his own life. God does not force his presence upon any one.

When adversities in the world seem to crowd upon you, turn in thought to the omnipresence of God. Realize that in Truth, in the omnipresence of God, you find the presence of the good you need, the good that will replace adversity. Realize that God's omnipresence leaves no room for evil. Know that in the healing omnipresence of God you find peace of mind, health of body, success, and prosperity.

Even the thought of the "healing omnipresence" carries with it a sense of deliverance from every unwholesome appearance. We feel healed just to turn in thought to the healing omnipresence of God. We feel that God becomes present within and about us as we open our mind and heart to His presence.

You cannot have a greater blessing in life than to carry with you wherever you go the realization of God's healing omnipresence. Abiding in His presence of good, you cannot experience anything but good. There is no more to God than His omnipresence. There can be no more than His allness.

EQUAL TO ANY EMERGENCY

ONE OF THE MANY blessings bestowed upon man is that of making him equal to any emergency that may arise in his life. Invested with the power of Spirit, he has the wisdom to do what is best in all situations. By turning often to Spirit, he develops the ability to know what to do. His indwelling Spirit makes him alert and intelligent. Whatever situation arises in the world about him must come under his power and mastery.

Think of a million persons suddenly brought face to face with some national crisis or some impending danger. Were they to anticipate such a situation, they would feel inadequate to meet it. When they are actually brought face to face with it, they find that they are equal to the emergency. They discover that the emergency brings with it the solution, the way out, their ultimate victory over it.

Nothing can arise in the individual life that does not carry with it its solution. Nothing can bring into man's life the belief that it is mightier than he and not likewise awaken in man the consciousness that he is mightier than it is. We can see that the problem always carries with it the method of its solution. This being true, we may think of the problem as already solved when presented to us.

We become equal to an emergency when we be-

come receptive to an idea that overpowers the idea of emergency. We can see that any circumstance of our life yields to our sense of victory over it when we rise to the high consciousness in which we know that we have within us the understanding and power that is greater than circumstance.

Being faced with an emergency means that we are also brought face to face with God in His desire to show us how to meet it. The emergency signifies to us that prompt action is demanded, that we must be especially diligent in promptly turning to God and letting him work in and through us unimpeded.

Many persons do not face emergencies successfully because of a certain human sense of fear that their help will be delayed. They feel that the emergency carries with it a chance that the action of prayer, resort to God, may be thwarted. One of the things to be combated in emergencies then is the fear of delay, the belief that God will not meet the situation quickly enough to avoid disaster. If this adverse belief can be met early, our sense of meeting the situation, facing the emergency, will be one of victory.

In adversity or an emergency, never, never take the attitude that God is punishing you or that you have fallen into ill luck of some kind. The emergency arises in your own experience as an opportunity for

you to prove to yourself how much you depend upon God, to what extent you can feel His power. God has no connection with adversity except in the sense that He alone can show you how to overcome it, how to face it. God is ever man's friend, ever inspiring him to know how to meet situations.

The crisis calls for our clearing our mind quickly that we may be receptive to ideas of order, salvation, and victory. We need in such times to keep out of mind such thoughts as fear, rebellion, despair. Such thoughts as these delay our salvation and victory. Adverse thoughts but serve to make the emergency seem larger and graver.

Being equal to an emergency means to us primarily being ready to let God work in and through us in order to make evident His goodness to us. We need to avoid haste in action until God's work and will are clearly revealed to us. Even in the direst situation we should know that God is ready and willing to help us in order that we may handle it to His glory. We need to give thanks for every evidence that He works in and through us. Even the slightest evidence of victory must be credited to Him. He ever seeks to make us mightier than any situation in our life.

The emergency that you meet brings you face to face with an opportunity to prove your faith in God.

FELLOWSHIP

In fellowship with Christ I walk;
In sweet companionship we talk;
My hand in His, He goes my way;
He guides, directs me, all the day.

If dark the way or I lose sight
Of Him close by, He sheds His light;
If evil claims me with its cry,
"Tis Christ at hand calls, "Here am I."

In fellowship with men I walk,
Keep Christ in mind when we would talk,
Know He is with us on the way,
And so from Truth we cannot stray.

In friend the Christ I ever see—
A trinity, Christ, friend, and me!—
Come, friend, in fellowship abide
And see with me Christ at our side.

SATURDAY, MAY 1

All doubt in my mind is now replaced by perfect faith in God and I trust Him fully.

NO LONGER doubt the goodness of God. No longer let your mind be filled with thoughts that work against faith. You cannot afford to entertain doubt if you would hope to master conditions in your life through faith in God and in yourself.

Through faith you identify yourself with that which is light, peace, power, love, and life. You unify yourself with God. By your faith in Him you can do all things. You increase your faith in yourself when you increase faith in God in the midst of you.

Do you see that an increase in faith is the only antidote to doubt? You can defeat doubt, you can rise above it only through the power of faith. If you have been unfaithful in your thoughts toward God, you must now make more of an effort to trust in Him.

Have faith in yourself. Know that you have within you the very Spirit of God through which you can do all that you undertake to do. By your faith in God you can accomplish whatever you want to do.

Through faith you discover your blessings.

Jehovah preserveth the faithful.—PSALMS 31:23.

SUNDAY, MAY 2

*All fear is now erased from my mind and
I express the courage of God in the midst
of me.*

GET RID of your fears today. Cease to fear other persons, the future, and changes in an established routine. Take courage. Realize that you have within you the very Spirit of God. Go forth in the conviction of perfect courage. Do not let thoughts of fear limit your courageous attitude toward life.

Fear is primarily mental. When you reduce the thing you fear to your thought and reaction to it, you see that fear exists entirely in your mind. You neutralize fear through thinking thoughts of courage.

The courageous person is never fearful. He feels deep within him the very courage of God. He realizes that the courage-giving presence of God within him is mightier than any appearance in the world about him. He has courage because God in the midst of him inspires him to be courageous.

Go forth this day in the realization that you are free from all thought of fear. Give your attention to your courage and see it increase as you meditate upon it. Think often of yourself as courageous.

Always of good courage.—II COR. 5:6.

MONDAY, MAY 3

The peace of God fills my heart and makes me peaceful toward all persons and all things.

DEDICATE this day to peace. Realize that you have within you the presence of God which is also the presence of perfect peace. Know that through the peace of God in your heart you become identified with peace in your affairs and in your environment. Your world becomes one of perfect peace when you find the peace of God within your heart. Your life becomes filled with peace when only peace fills your mind.

Be peaceful today and you will discover that all persons and all things of your world are peaceful and harmonious. If you would have your world peaceful, you must first become peaceful in the innermost place in your being. To live in harmony with other persons you must first achieve harmony within yourself.

Your thought for peace today will prove to be magical in its action. Nothing inharmonious can arise in your world when your mind is dedicated to peace.

Now the God of peace . . . make you perfect in every good thing.—HEB. 13:20, 21.

TUESDAY, MAY 4

The stillness of God at the center of my being now extends to the circumference of my world as profound quietness.

HAVE YOU found the presence of perfect quietness at the center of your being? Have you discovered that God abides within you as the presence of stillness? Do you know that you can take control of all the affairs of your world simply by feeling the power of this innate quietness?

Keep your thought fixed upon God and you will have no difficulty in sensing His presence of quietness. Things cannot disturb you and your world when you feel quiet within yourself. Noises and confusion cannot exist in your world for you when your heart is established in perfect quiet.

Turn many times daily to this presence of quietness. Have times of quiet prayer regardless of your duties and experiences in life. Learn to look at these times of quietness as times when you commune with God in the midst of you and recharge yourself with His power.

The stillness of God is now impregnating your mind and your life with quiet. You are free from all disturbance. You are endowed with silence.

Keep silence.—DEUT. 27:9.

WEDNESDAY, MAY 5

God, the law of good, now operates in my life, setting at naught every law of adversity.

DO YOU sometimes believe in laws of adversity, misfortune, and failure? Have you discovered that the only way to annihilate your belief in such laws is to reach the high consciousness of Truth in which there is only God, only the principle of Truth, only the law of good?

God is the law of good becoming, according to your need, the law of your health, the law of your success, or the law by which whatever you desire is established in your life. As the law of good God is the cause and effect of good. When you are aware of the operation of good as law in your life, there can be no law of adversity at work. You wipe out your belief in adverse laws only by rising to the high spiritual consciousness in which there can be neither adversity nor adverse laws.

God is the principle of Truth by which you know that evil and error have no principle as a basis of existence and therefore cannot operate in your life when you are aware of the principle of Truth.

Jehovah is our judge, Jehovah is our lawgiver.—Isa. 33:22.

THURSDAY, MAY 6

I give up all thought of worry and anxiety because I know that in Truth all is well.

If YOU are inclined to worry, give your affairs into God's keeping with the assurance that all is well. You need not be concerned about your affairs when you realize that God is taking care of you and all that is yours. You free yourself from worry when you free yourself from personal concern and look to God to regulate your affairs.

When you worry, you show yourself that you are not thinking of God. You are not accepting Him as mighty to adjust situations of your life to your highest good.

Are you anxious today about your health, your finances, your family, your future? Why not give up such anxious thought and trust God. Instead of believing that some calamity will arise in your affairs, realize that all is well. Realize that when you give up thoughts of worry, God is free to express in your mind such thoughts as will help you to restore order and peace in your affairs. Know that in Truth God is even now raising you to that consciousness in which you realize that all is good.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—MATT. 11:28.

FRIDAY, MAY 7

All bitterness and hate are cast out of my mind as I direct my every thought to the love of Christ.

OVE is magical in its action. It is mighty to erase from mind all thought of hate. No bitterness can live in our heart when we are filled with love of Christ. His love is mighty to neutralize and annihilate all that is unloving.

The love of Christ is healing in power. First it heals the mind of unloving thoughts. It frees the body of such physical inharmonies as hate and bitterness would cause. Love heals the body because love can know no disease, no weakness, no defeat.

Increase your love and you will find your personal problems, your diseases, decreasing. Let God as love be omnipresent in your thought and in your life, leaving no place for hate and bitterness. Think of God as love as omnipotent, giving no thought to hate as power. In God's world, in Truth, there is only love. Christ represents to us that love manifested in perfect man. We seek to hold Christ before us that we may measure up to His love.

To them that love God all things work together for good.—ROM. 8:28.

SATURDAY, MAY 8

The Spirit of God now opens before me the road I should take in order to enjoy peace, health, and plenty.

IN SPIRIT there is only one way. All other roads are detours from Spirit. They lead through hard and adverse experiences. They must be abandoned for the true way. Our thought must be turned to that path which leads to God and His blessings.

Are you undecided today about what to do, which path to choose? Let the Spirit of wisdom direct you in your choice. You do not go the way of deprivation and misfortune when you take the path of Spirit. You go the way of peace, health, and plenty when you take the road that Spirit opens before you.

The way of Spirit leads you into your highest good. You cannot miss any of the joys and blessings of God when you are directed by God in all your ways. You are led into the possession and enjoyment of that for which you pray, that which you mostly need and desire.

Keep your attention upon the way of Spirit and let Spirit direct you in its way. Be willing to give up personal desires in order to be God-directed in your ways. Accept the way that Spirit opens before you.

I will make straight all his ways.—ISA. 45:13.

SUNDAY, MAY 9

The justice of God now operates in all my affairs as perfect justice.

If YOU have thought of injustice as working in your affairs, now direct your thought to God and perfect justice. No longer let your own thought help injustice to be established in your affairs. No longer believe in it as something that can be related to you in any wise.

The justice of God can operate in you only when your mind is open and receptive to justice. God's justice can be expressed in you only when you have ceased to believe in such a thing as injustice. You discover that justice is the only thing that exists in God's world, the world of Truth.

If you would have others be just toward you, you must build up a consciousness of justice. This will cause you to be just toward others. You cannot afford to build up a consciousness of injustice by being unjust at any time. You must think of justice as something that exists in your affairs to the exclusion of all that is unlike it. In your mind there must not be any belief that would cause you to lose sight of perfect justice as pervading your whole world.

Why even of yourselves judge ye not what is right?
—LUKE 12:57.

MONDAY, MAY 10

The goodness of God now fills me and my world and I realize the omnipresence of God as good.

GOD'S omnipresence is that presence of good in which evil cannot have presence, being, or reality. When we know that we are one with His presence of good, we realize that there cannot be anything present in our world of Truth that is unlike God or opposed to Him.

The goodness of God is the sum total of all good that man can need or experience. There is no absence of good in this goodness of God. As man directs his thought toward it, he finds in it all the good that he especially needs. The goodness of God is a storehouse in which every conceivable good is to be found.

The omnipresence of God's goodness is found in God's ideal world. This world becomes real to us according to the extent of our understanding. In the world of fact, there may seem to be no evidence of God as everywhere present, but the metaphysical truth still remains that He is omnipresent.

You find God present everywhere when you no longer believe in His absence.

Ob give thanks unto Jehovah; for he is good.—PSALMS 118:1.

TUESDAY, MAY 11

I cease to be impatient; I direct my whole thought to the patience of Christ within me.

WE MAY become impatient when we lose sight of Christ and fail to realize that He is working things out in His own way for our highest good. We may fail to see that His work is being definitely and certainly done. We may be inclined to think that the things of the world will prove to be too much for the power of Christ and we may believe that they can delay or thwart His action.

The impatient man shows that he thinks more of the work of adverse thought than he thinks of the work of Christ. His whole attitude of mind shows that he believes Christ to be unable to cope with some situation that would seem to call for immediate attention.

To increase your patience think often of Christ, remembering that you can rely upon Him completely, that He will not fail you, that neither time nor circumstance can prevail against Him. Increase your patience by decreasing all belief that anything can prevail against Christ.

The Lord direct your hearts into the love of God, and into the patience of Christ.—II THESS. 3:5.

CAUSE FOR THANKSGIVING

RUTH YOULD-SMITH



Because God is closer than breathing,
Nearer than hands and feet;
Because His love is enduring,
His power and wisdom complete;
Because His kingdom's rich treasures,
His good in unlimited share,
Are mine to enjoy as I claim them,
My heart sings a thanks-laden prayer.

THE PRAYER FOR THANKS.

BY MARY YOUNG-SHAW.



Because He is Spirit eternal
And I am His image, His child;
Because from the shackles of sense mind
He bids me live free, undefiled;
Because all my needs and my problems
Are given His tenderest care,
As I harken to His will divine,
My heart sings a thanks-laden prayer.

WEDNESDAY, MAY 12

In the unity of Spirit I find that I am unified with whatever blessing of Spirit I seek and need.

IN SPIRIT there is no separation. When you realize your unity with Spirit, at the same time you realize your oneness with spiritual blessings. You can see that you cannot be separated from your good when you realize that you are one with God. You cannot live apart from God's blessings for you when you no longer live apart from God.

In the unity of Spirit man identifies himself with whatever he needs and seeks for his fullest development. He comes to turn to Spirit in prayer and finds that he is unified with the object of his prayer. He discovers that his answer to prayer comes when he gets a clear realization of spiritual unity, of his oneness with God.

If you have not received the blessing you desire from God, cease to think of yourself as being apart from it. Mentally and spiritually draw near to it. Draw near to God and you will find that you have drawn nearer to what you want from God.

There is one body, and one Spirit . . . one Lord, one faith, one baptism, one God and Father of all.—EPH. 4:4, 5.

THURSDAY, MAY 13

The Truth of God now dawns upon my consciousness as the truth of my health, mastery, and prosperity.

THE TRUTH of God as revealed by Jesus is not something abstract or foreign to your life. It is the truth about your ideal life, the truth of your health and prosperity, the truth of mastery and victory. This truth may not be apparent to you because you have not realized and applied it to your life. The Truth of God must be focused upon your affairs and brought to bear upon your problems and life.

Is disease true of you? Disease may be evident because you have made it so through your ignorance and adverse thought. Disease is not true of you as you are seen by God. That which is true of you in the sight of God is the truth of your wisdom, peace, love, courage, health, mastery, and prosperity.

As a child of God you must come to know that that which is true of your Father is true of you. You must learn to hold to metaphysical truth regardless of appearances. You must be loyal to the Truth of God even though the whole world about you appears to be in contradiction to it.

God is true.—JOHN 3:33.

FRIDAY, MAY 14

Thinking of the life of God within me, I cause my consciousness of life to increase.

THE LIFE of God abides at the heart of your being. As you meditate upon this life you come into a greater consciousness of it. You soon find that your physical body is more alive, more vital, more energetic. You have learned to look to God for life, and He has answered your call.

You live through the life of God. You are alive because you are conscious of your unity with God's life at the heart of your being. You live in your physical body just as long as you maintain a consciousness of unity with life. There is no limitation as to the extent of your life even as there is no limitation as regards your consciousness.

Live this day in the realization that you are more and more conscious of God's life within you, more and more conscious that it is your life. Cease to believe that anything in all this world can limit the measure or extent of your life. Know that God's life is measureless and limitless. God's life is your life.

Understanding is a wellspring of life unto him that bath it.—PROV. 16:22.

SATURDAY, MAY 15

The forgiving power of Christ in me now prompts me and helps me to be forgiving.

If YOU have difficulty in forgiving others, turn to the presence and power of Christ within you. In Christ you will be prompted to give up such resistant thoughts as have made forgiveness difficult. You forgive easily when you let Christ in you do the forgiving.

Many persons have difficulty in forgiving because they allow themselves to hold onto unpleasant memories in which they see offending scenes re-enacted from time to time. They go over and over in their mind the events, the offending words and acts. They cannot forgive if they hold before themselves the memory that should be wiped out.

The only way to forgive is to forgive, to give the self completely to Christ for His forgiving work. Cease to think of unpleasant events of yesterday. Live in the present and interpret life from the stand-point of today. You cannot afford to be limited today in your relations with other persons because of what they said or did yesterday or because of your reaction to them in the past.

Pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—ACTS 8:22.

SUNDAY, MAY 16

The joy of God in my heart makes me rejoice and I am joyful in all situations.

DO NOT allow things of the world, its people and affairs, to disturb your joy. Feel that your joy established in Spirit is constant and unshaken. Do not believe that your joy depends upon what other persons do or do not do, the condition of worldly affairs. If your joy is established in God, nothing in all the world can affect it.

Rejoice today that you have found the source of joy: Christ. Rejoice in the understanding that within you is that joy which cannot be affected by changes in the world about you. Know that no person in all the world has power to take from you the joy that comes from Christ within you.

Do you see that if you have your joy established in Christ, it cannot change to sorrow? If you realize that Christ is your joy, your attention will be so firmly fixed on Him that the state of worldly things will not affect you.

Live in the realization that you have found the joy that is of heaven.

*He that goeth forth and weepeth, bearing seed for sowing,
Shall doubtless come again with joy, bearing his sheaves
with him.*

—PSALMS 126:6.

MONDAY, MAY 17

*The consciousness of Christ as my Saviour
and protector ever saves and protects me
from all harm.*

MANY PERSONS believe that other persons and external things have power to harm them. They believe that other persons through thought, word, or deed can bring disaster or cause misfortune to appear. In Truth no one has the right or power to harm another. The consciousness of the saving Christ is ever salvation and protection.

You wipe out of mind all belief in danger or disaster when you are established in the consciousness of salvation and protection. This consciousness saves you from all danger. Your environment becomes the very presence of Christ. You are infolded in His protecting presence.

No longer believe in those things which relate you to misfortune. Believe in Truth. Believe that Christ within and about you ever saves and protects you. Believe that you have within you and about you that presence which is at once absolute security.

Look to the Spirit of Christ for your protection.

*Jehovah hath been my high tower,
And my God the rock of my refuge.*

—PSALMS 94:22.

TUESDAY, MAY 18

I drop from mind every thought antagonistic to the mind of Christ and think thoughts of Truth.

WHEN WE think thoughts of Truth in conformity with the mind of Christ, we think according to the will of God. When we think contrary to the mind of Christ and think thoughts of fear, hate, disease, and lack, we build up a state of mind not known to God. We best show our loyalty to God by our thinking in conformity with Divine Mind.

There are not two minds. There is the mind of Truth and that state of mind which man gets into when he does not know Truth. There is the truth about a situation and that which can be conceived of as the opposite of the truth. Man is not compelled to think Truth or in conformity with Divine Mind. He would not be a free agent were his mind forced into a certain channel at all times.

In Truth there is only the mind of God and when man thinks Truth he thinks in conformity with this mind. He is spiritually minded when the only thoughts he has in mind are thoughts of God.

Let the wicked forsake his way, and the unrighteous man his thoughts.—ISA. 55:7.

WEDNESDAY, MAY 19

I cannot be in darkness. The light of God shining within me illumines me with whatever wisdom I need.

GOD SENT you into the world equipped with whatever light and understanding you need. You cannot be in mental darkness, in ignorance, when you realize this truth. You cannot lack in understanding when you know that the light of God within you is your wisdom at all times.

Man comes from God supplied with whatever intelligence he needs in order to live a full-rounded life. He bears the light of God. There can be no darkness in his life if he remains conscious of God's wisdom within him. He cannot be in the dark about any subject when he realizes that he is in touch with whatever wisdom he requires.

Go your way this day knowing that the light of God within you is that light which illumines, guides, and directs you. God is ever directing your life. Erase from mind all belief to the contrary.

The light of God causes your consciousness to be filled with life. In God's sight you are something of light, wisdom, and intelligence.

Then shall thy light break forth as the morning.—ISA. 58:8.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

May 20 to June 19

Illumination

*Wise ways are ways of peace:
The joys of wisdom never cease.*

Healing

*God lives in me; no more I pine,
For love, and health, and joy are mine.*

Prosperity

*Perfect love hath quickened me,
And fears of lack in terror flee.*

THURSDAY, MAY 20

*God in His healing presence and power
now exalts me to the consciousness of my
own perfect health.*

DO YOU think of your health as something that derives from the presence of God within you? Many times persons believe that disease comes from some external thing. Should they not give more thought to where health comes from and give more thought to the presence of the healing Spirit?

The healing presence of God wipes from your mind and body all belief in disease. Disease cannot be present within your body when you realize that God as health is present there. You cannot believe in the existence of disease within you when you know that in Truth only God as life, health, and strength has existence, reality, place, and being.

The healing power of God convinces you that disease can have no power over you. In thinking of this healing power, know that there is no other power operating in you or in your world.

Abide in the realization that God is your health. There is within you that which is ever your health and wholeness, your life and strength.

I will take sickness away from the midst of thee.
—EXOD. 23:25.

FRIDAY, MAY 21

The prospering Spirit of God now inspires me with ideas that lead me to bountiful prosperity.

THE LINK between man's need and God's bounty is rich ideas. Man's prosperity consciousness becomes the bridge over which God's bounty comes to him. The rich ideas that God gives him are clues leading to the bounty of God.

If you would be prosperous, open your mind to rich ideas. Be sure that you keep out of mind such thoughts of lack as would be detrimental to your prosperity. Think in terms of prosperity. If there are persons and situations about you that present the appearance of lack, be firmer and firmer in your loyalty to prosperity.

Every time you think a thought of lack you help to emphasize lack in your consciousness and to make it more apparent in your affairs. Every thought of prosperity helps to neutralize and to replace lack with prosperity.

Let this be a day dedicated to prosperity. Free yourself from such thoughts of lack as would endanger your prosperity.

God, who giveth us richly all things to enjoy.—I TIM. 6:17.

SATURDAY, MAY 22

I am free in the consciousness that, living in God, I can know neither limitation nor bondage.

MAN IS bound to limitation through his belief in bondage. He sets himself free when he frees himself from such thoughts as hinder his progress and aspiration. He discovers that deep within him is that presence which causes him to know that he is without bonds or limitations.

Many persons live in a world in which they are hedged in by self-imposed limitations. They need to know the freedom of God. They need to live in God, to live in the realization that nothing in all the world has power to limit or to bind them.

Set yourself free by giving up all beliefs that persons or things can bind you. Be free in the consciousness that the freedom of Spirit is ever yours to enjoy. Live in that freedom which cannot countenance bondage of any sort.

Dedicate this day to freedom. Set free those whom you may have tried to bind to limited conditions. Find your freedom through realizing that you set others free.

He that was called in the Lord being a bondservant, is the Lord's freedman.—I COR. 7:22.

SUNDAY, MAY 23

New thoughts fill my mind today and I am regenerated in mind and in body.

TAKING a thought of newness today, let us think of this as renewing us mentally and physically. Let us realize that we give up crystallized and useless ideas in order to make room for new and vital ones. Let us know today that the very Spirit of newness working in us inspires us to behold ourselves as constantly being renewed.

Let new thoughts fill your mind to the exclusion of crystallized ones. Let a new sense of newness come to you through your thinking new thoughts. You will find that these have vitality and power to impart to you a wonderful sense of newness. You cannot feel crystallized in mind or in body as long as you think new and vital thoughts.

Today see your whole life and your entire world in a new light. See all that concerns you filled with the Spirit of newness. See your world filled with the Spirit of God, ever renewing, ever regenerating you. Learn to look upon yourself as being renewed day by day, moment by moment.

The consciousness of newness will change your whole world.

He hath put a new song in my mouth.—PSALMS 40:3.

MONDAY, MAY 24

As the temple of God, my body is a temple of purity, health, life, and strength.

A STUDY of the Bible will free us from the misconception that the body is other than God's temple. We come to know that God inhabits His temple at all times and fills it with His presence of life and strength. We come to see it as something not to be condemned but to be blessed.

Do you think of your body as something under material law, something entirely physical and fleshly? Have you come to the realization that as the temple of God your body is of Spirit? Have you come to respect your body as the habitation of God?

The body intrusted to you should be properly cared for. It should be kept clean and pure. It should be free from foul disease. It should express the presence of God through life, health, and strength.

God's temple has a twofold mission. It serves as His abiding place and also provides a vehicle for your soul's expression. You can see that you must think of the spiritual phase of your body in order to see it express its innate spiritual perfection in God.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—I COR. 3:16.

TUESDAY, MAY 25

I acknowledge God's omnipotence and know that the power of good is the only power in my life.

WHEN WE realize that God, the good, is omnipotent in our life, we admit that no so-called power of evil can share in His all-powerfulness. We can see that adversity in its many guises is rendered powerless when we know that in Truth there is only one power, the power of good.

In the study of Truth we give much thought to God as being omnipotent. In fact, if the student of Truth grasps this one statement, he just about has the whole of Truth. If he establishes the truth of God's omnipotence in his mind, he at the same time rids his mind, his body, and his life of any domination by adverse belief. We can see that peace of mind, health of body, and prosperity in affairs would follow.

Those outside the pale of spiritual understanding, those in the throes of evil, show very plainly their need of realizing the omnipotence of God. They need to establish in their life the truth that God, the good, rules them as the power of good.

Thine, O Jehovah, is the greatness, and the power.
—I CHRON. 29:11.

WEDNESDAY, MAY 26

*The Spirit of Christ in me ever exalts me
and I am lifted up to the consciousness of
spiritual exaltation.*

HAVE YOU realized that Christ in you is that presence and power which ever lifts you up? Have you found within you the very spirit of exaltation? Christ in you is mighty to lift you above the sordidness of things earthly. Christ exalts you above all material limitation and causes you to be exalted to spiritual consciousness.

When your thought is turned to Christ, when you feel His presence lifting you up, you know the meaning of spiritual ecstasy. You know something of the experiences of mystics of the Christian church who have found themselves exalted to the very presence of Christ.

Live in the realization that you are ever at one with Christ, that His presence within you carries you to spiritual heights whence you behold all things as they exist in Truth. Regardless of where you are, turn often in thought to Christ. A consciousness of His presence will lift you above all thought of limitation.

*Let us lift up our heart with our hands unto God.
—LAM. 3:41.*

THURSDAY, MAY 27

I turn to God in prayer knowing that as I commune with Him He answers my every call.

WHEN WE pray we realize our relation to God. We find in prayer that intercommunion through which we lose sight of self and know that God is all in all. We turn to God realizing that He answers our call, supplies our every need, fulfills our every desire.

Prayer is the means by which man rises out of need into the consciousness of possession. Through prayer, man finds that he has the keys to his Father's storehouse. Prayer is man's greatest blessing because through it he has power to transform his life and to bring into it whatever he desires as a blessing.

When you pray, turn away from all belief in lack. See the blessing you seek as already yours. Know as you pray that God with His infinite blessings is drawing near to you. Your prayer is but God's opportunity to give you the thing you seek. Prayer causes you to realize that your blessing is already yours. Through prayer you relate yourself to God and to the good that you want to see manifested in your life.

Ask, and it shall be given you.—MATT. 7:7.

FRIDAY, MAY 28

Freed from all belief in mental and physical tension, I relax in the consciousness that God is taking care of all my affairs.

If YOU want to get rid of tension in mind and in body, get rid of the thoughts that produce tension. Cease thinking thoughts of fear, resistance, rebellion, animosity. Cease to believe that you are without the ability to master your life through the working of Spirit.

God is now taking care of you and all your affairs. He will continue to do so as long as you keep your mind free from tension. You may know that all is well.

All is well in every department of your life. Divine order now rules you and regulates and makes all things orderly. Free from tension your mind becomes an open channel through which God's work is done in you.

Your tension will not return as long as you abide in the realization of trusting God. You need but keep in mind that He is taking care of you, adjusting and regulating all your affairs in divine order.

*He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.*

—PSALMS 91:1.

SATURDAY, MAY 29

I now direct my every thought to the presence of God within me, His realm of heavenly harmony.

HEAVEN, as defined in the study of Truth, is the consciousness of perfect harmony. When we have the heavenly consciousness, we see all things from the standpoint of heaven. Having found God within us, we know that heaven is ever within and about us.

Meditate often upon heaven. Withdraw your thought from all belief in hell. Give up satanic thinking. Cease to let yourself be dominated by evil thought. You cannot expect to enter heaven if you carry evil thoughts in mind. The only passport to heaven is heavenly consciousness.

Do not think of heaven as something separated from you by space and time. Heaven does not belong to the future or to space. Heaven can be attained at any time and in any place through your realization of heaven.

Thoughts of harmony, peace, joy, and love help us to realize the presence of God, the presence of heaven. When we realize that we abide in God, we are certain of living in heaven.

Seek ye first his kingdom.—MATT. 6:33.

SUNDAY, MAY 30

Christ in me, my spiritual nature, now appears as my God self made manifest.

IN THIS modern world where God is often lost sight of, where our attention is often called away from our spiritual nature, we need to turn often to the Spirit of Christ in us and think of our God-self. We turn away from that in man which is thought of as material, physical, or evil. We turn from that which is sometimes thought of as the opposite or enemy of Spirit. We turn to God within us.

Men often become the tool and prey of evil thought only because they lose sight of their Christliness. They let a certain animal nature in themselves become emphasized to the detriment of the Spirit of Christ. In the study of Christianity, our thought is directed away from all that is unlike Christ. We are taught to think more and more of the Spirit of Christ and less and less of that which is an enemy of it.

Think often of Christ within you. Realize that in Truth all that is true of you is that which is true of Christ within you. Your Christhood is the spark of divinity in you that attests your unity with God. Christ in you appears as your spiritual selfhood.

Christ in you, the hope of glory.—COL. 1:27.

MONDAY, MAY 31

*The visualizing power of Spirit now
blesses and uses my eyes and I see all things
clearly and distinctly.*

NEVER condemn our eyesight. Never think of it as limited in any way. Your eyes are the avenues through which the Spirit reveals the goodness of your world to you. Your spiritual vision uses your physical eyes to show you the spiritual aspect of your physical world.

You see all things clearly and distinctly when your mind is cleared of all belief that you cannot see well. Seeing is primarily a mental process. You perceive with your mind, using your eyes to complete the process. For this reason there must be co-operation between the vision of the mind and seeing with the physical eyes.

Bless your eyes often. Keep them free from all belief that they are limited in any wise. Rejoice that in Truth you see perfectly. Think of your eyes as they exist in the sight of God. Feel that God in the midst of you looks through your eyes upon the spiritual world and pronounces it very good. Realize that you have clear sight because your spiritual vision is blessed of God.

Blessed are your eyes, for they see.—MATT. 13:16.

Helpful Books

BY THE

EDITOR OF UNITY DAILY WORD

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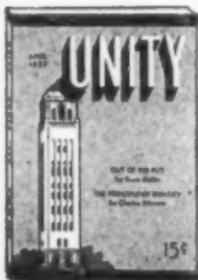


All fear is now erased from my mind, and I express the courage of God in the midst of me.

If you found help in this statement for May 2, we suggest that you read also the five-part series "The Great Enemy" which begins in May UNITY magazine.

Imagine how buoyant, how joyous you would feel without a doubt, a worry, or the least shadow of fear hanging over you! Well you can win the complete freedom from fear that all men seek and few find. "The Great Enemy" explains in detail why men fear, what they are in terror of, and how you can exclude the numbing, useless force of fear from your own experience.

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THE MIND OF TRUTH

*That mind which loves truth more
than any other thing is clothed in the
armor of heaven; and that mind which
comprehends truth is intimately allied
to God, being well-nigh omnipotent.*

—Andrew Jackson Davis.



